

Celebrity Buzz

Amy's dad says enough

pg 14



The world's largest global newspaper

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Style

pg 12

Media maven wears many hats



HALIFAX • THURSDAY, MAY 14, 2009

metronews.ca

No God for Girl Guides?

HOT POTATO The possibility that Girl Guides of Canada will drop any reference to religion from its all-important Guiding Promise is drawing an angry response from parents, who have taken to Facebook to debate the issue.

Discussion began almost immediately on a Girl Guides Facebook page late last week after a survey on the promise arrived in the homes of Guiding leaders and families.

The debate almost universally condemned the survey for containing no option to keep references to God or faith in the promise.

TORSTAR NEWS SERVICE

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Halifax and Canada. This is also a Call to Action for you to send us your suggestions at halifaxletters@metronews.ca, metronews.ca or on Twitter @metrohalifax.

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Today

- Local — Aboriginal art exhibit going to Games, pg 3
- Comment — Steve Collins on relationships, pg 6



A police car is parked in front of Beazley Lanes in Cole Harbour yesterday. Police were gathering evidence at the bowling alley after a brazen robbery and abduction of an employee and her friend early yesterday morning.

'Horrific' robbery

Owner shocked after women abducted, forced into bowling alley

PHILIP CROUCHER
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Al Peters said his bowling alley has been hit by crime before. But nothing like overnight yesterday, when police say four masked men with guns forced two female victims, including one of his 19-year-old employees, into the Beazley Lanes bowling alley in Cole Harbour where they stole some cash.

"We've had armed robberies before, break and enters, but nothing as horrific as this," Peters said from the alley yesterday. "These guys were really mean bastards."

Halifax RCMP is investi-

"Pretty scary how the whole situation played out. It looked like they were staking them out."

Halifax RCMP Cpl. Joe Taplin

gating the early morning abduction and robbery, which took place around 1 a.m. Police say four black males wearing bandanas forced the two victims into the alley where one of them worked.

Police say the assailants pointed guns at the victims, forcing the employee to shut off the alarm and open the safe where an undisclosed amount of money was stolen. Peters said they also damaged several video surveillance cameras.

Police say the business closed for the evening at midnight and an employee locked up the store, set the security alarm and drove off with a female friend. The two then went to Porter's Lake and later pulled into the driveway on the 7,000 block of Highway 207.

That's when police say a vehicle pulled up beside them and several men forced the females back into their car. They then made them drive back to the bowling alley, with a car

driven by an assailant following from behind.

After the robbery, police say the men drove the victims to Montague Gold Mines, got out and left the females in their vehicle.

"Pretty scary how the whole situation played out," Halifax RCMP Cpl. Joe Taplin said, as the victims also had bags placed over their heads during the ordeal. "It looked like they were staking them out."

Peters spoke with the 19-year-old victim's father yesterday, and the other female victim, who is believed to be around the same age.

Police are continuing their investigation and no arrests have been made.

Liberal leader wants fixed election date

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CAMPAIGN Liberal Leader Stephen McNeil wants to bring in fixed dates for elections, budgets and legislature sittings.

"It takes away the opportunity for a government to politicize an election campaign, to call one when it's to their political advantage," McNeil said yesterday.

He also

said health authorities, school boards and municipal governments need to see budgets released before the fiscal year is over so they can plan their own spending.

McNeil said elections would be called the second Tuesday of October every four years. Budgets would be released by the third Tuesday in February. Sessions of the House of Assembly would begin by the second Monday of February and the first Monday of October.

NDP Leader Darrell Dexter doubted the effectiveness of McNeil's promises, saying "you can't legislate common sense or work ethic."

McNeil also wants to ban governments spending millions of surplus dollars at the end of the fiscal year. He wants that money to be approved by the legislature.

"It takes away the opportunity for a government to politicize an election campaign."

Stephen McNeil

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A Windsor-based pharmaceutical company is reducing its workforce. Sepracor Canada has announced it's cutting 15 jobs at its Hants County facility later this month, part of a larger cost-cutting measure at the company's American corporate headquarters. **HANTS JOURNAL**

Local



High School Musical keeps rocking

Neptune Theatre's end-of-season hit of Disney's *High School Musical* is being held over until June 14 due to popular demand. The play was originally set to conclude May 31. The added shows will take place at 7 p.m. for evenings and 2 p.m. for weekend matinees. Tickets for the new performances go on sale Friday at 9 a.m.

METRO HALIFAX

City streets are safe: Police

Despite pair of homicides, cops reassure residents of their safety

KRISTEN LIPSCOMBE
for Metro Halifax

Residents "should feel safe in their city," despite the fact homicides have happened on both sides of Halifax harbour already this week, a police spokesman said yesterday.

"We're going to work to ensure that they do (feel safe)," said Const. Brian Palmeter of Halifax Regional Police.

He said investigators are hard at work trying to solve two separate murders, with the body of a 36-year-old woman found by a north end Halifax school Monday and a 33-year-old man turning up dead at a Dartmouth rooming house Tuesday night.

Police haven't said how either victim was killed, but Palmeter did say the two deaths aren't related.

As of yesterday, he said investigators still didn't have any suspects in Monday's murder of Tanya Jean Brooks of Halifax, who is



A pair of Halifax Regional Police officers stand behind a house at 214 Portland St. yesterday after police found the body of a 33-year-old man at the house Tuesday night. A 59-year-old man was arrested at the scene and remains in custody.

"known to police."

Officers have arrested a 59-year-old Dartmouth man in relation to Tuesday's homicide.

That man's name hasn't been released because he

hasn't been charged, and the victim's name was also withheld while an autopsy was underway, Palmeter said.

Police said in relation to Tuesday's murder officers

were called to 214 Portland St., at the corner of Maitland Street, just before 9 p.m. to check on someone who was thought to be injured. They instead found the Dartmouth

man's body inside the two-storey, blue-sided house, which area residents call "a crack house."

"We have responded there for calls ... numerous times," Const. Palmeter confirmed. "They've ranged from things such as noise complaints to alcohol-related offences to disturbances."

Police don't consider the murder a random act, he said, adding "we don't believe at this time that there's a threat to the surrounding community."

Dave Goyette of Newcastle Drive said yesterday the homicide that happened next door to his house "doesn't surprise me."

"They're the ones that fall through the cracks," he said of his neighbours. "They're getting out of prison, or getting out of the Nova Scotia hospital wards, and they've got to live somewhere, and that's the place they go."

WITH FILES FROM GEOFF DAVIES/
FOR METRO HALIFAX

Accused's court date rescheduled

CHARGES The municipality saw more violence earlier this week after police found a man suffering from several wounds in Sambro on Monday.

The victim, who suffered wounds to his leg, wasn't identified yesterday but Halifax Regional Police Const. Brian Palmeter said both he and the accused are known to police.

Derek Thomas MacPhee, 28, of Harrietsfield was arraigned Tuesday on charges of attempted murder and firearms offences, the Nova Scotia Public Prosecution Service confirmed. His second appearance in Halifax provincial court yesterday was rescheduled.

A 35-year-old man also sustained non-life-threatening injuries when he was shot in a separate incident in East Preston Monday morning.

KRISTEN LIPSCOMBE/
FOR METRO HALIFAX

News in brief

FLU There was one more mild case of influenza A (H1N1), also known as swine flu, reported in the province yesterday, bringing the total for Nova Scotia to 65 since the outbreak began April 26. The new case was identified during a re-test and is related to the original cluster in Windsor. The individual affected has fully recovered. All of the cases of swine flu so far in the province have been mild.

METRO HALIFAX

metronews.ca
What's online today.

Video Afghan soldiers trade in their flimsy pickup trucks for new Humvees, with training from Canadians at metronews.ca/canada
Video Thousands of Tamils continue their protest outside the Ontario legislature at metronews.ca/canada

Lotteries
Lotto 6/49: 6, 10, 24, 28, 31 & 46. Bonus 25
These results are not official.

Macdonald bridge to get a new 'safety barrier'

KRISTEN LIPSCOMBE
for Metro Halifax

TENDER A new "safety barrier" will span the Angus L. Macdonald Bridge to protect people who are under or on it, including potential jumpers.

Steve Snider, general manager and CEO of the Halifax-Dartmouth Bridge Commission, confirmed yesterday a tender should go out next month to extend the steel-barred wall that now runs above Department of National Defence land. He said the barriers on both sides of the bridge would stop people underneath it from getting hit by everything from traffic columns to flying television sets.

"Over the years, we've had people throw large objects off," he said "Whatever they can lift,

"Over the years, we've had people throw large objects off. Whatever they can lift, goes."

Steve Snider, bridge commission CEO

goes."

Snider added the railing will also "provide protection for those who are intent upon hurting themselves."

But he was hesitant to talk about how common suicides and suicide attempts are from the bridge, explaining the World Health Organization recommends media don't pinpoint the places where people might try to take their own lives.

Snider said the original barrier, which is about five feet high and nine feet long, was put in place a couple of years ago because the federal department "had concerns for their employees working

down below." But the commission didn't make it longer than that because at the time engineers said the bridge couldn't handle any more weight.

A computer model has since provided a more accurate portrayal of how the bridge is doing, he said.

"The engineers have come back and told us it is doable, so we're pleased."

The walls are expected to cost about \$500,000 total, Snider said, with construction on the pedestrian side set to start this summer and the barrier for the bicycle lane to be built in 2010-2011.

Jimmy Melvin Jr. starts own video website

PAUL MCLEOD
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INTERNET Ever wonder what Jimmy Melvin Jr.'s life is like? Apparently, wonder no more.

The member of a well-known Halifax crime family has his own video website — reallivestreetshit.com. There's only one video so far but the website promises more to come.

"Hello everybody, I'm James Melvin Jr. from Halifax, Nova Scotia, born and

raised in the small town of Spryfield," Melvin says in the short intro video.

"I'm 27 years old, and I've seen it all and been through it all."

Melvin ends the video by pounding his chest, then takes a swig of beer.

Melvin Jr. has been shot twice since being released from prison late last year. In April he showed up at the QEII Health Sciences Centre with

a gunshot wound to his upper body, but wouldn't say anything to police about what happened.



Jimmy Melvin Jr.

2010 won't be bad: Expert

ECONOMY The great recession won't hit Halifax hard in 2009-10, but the municipality's chief administrative officer warns the lingering effects of the struggling economy could impact Nova Scotia's capital

further down the road.

"These are ... very exceptional times," Dan English said yesterday after presenting HRM's annual draft budget to city council.

KRISTEN LIPSCOMBE/
FOR METRO HALIFAX

Province's human rights board seeks to raise its diversity

The Nova Scotia Human Rights Commission said yesterday it is looking to increase the diversity of its board roster in an attempt to be more representative of the province's many ethnic groups. The commission is an independent administrative tribunal that deals with complaints of discrimination in Nova Scotia. **METRO HALIFAX**

local 3



Killaq Envara-Strauss, left, Amy Alainga and Olivia Chislett get a sneak preview yesterday of the Art Gallery of Nova Scotia's new exhibit of aboriginal art, which will be on display in Vancouver during the 2010 Winter Olympics.

Gallery puts spotlight on Olympic-bound aboriginal artwork

GEOFF DAVIES
for Metro Halifax

SunnySide

The Art Gallery of Nova Scotia is opening up a new exhibit of Olympic-bound aboriginal art.

The exhibit, called Keepers of the Eastern Door, is a collection of 20 works by aboriginal artists from across Atlantic Canada, which will now be shown at the provincial gallery until it is shipped off to Vancouver at the end of May.

The artwork will be on display in Vancouver during the 2010 Winter Olympics, where half of it will be auctioned off to raise funds to promote artistic and cultural work among aboriginal youth.

Two Nova Scotia native cultural groups, the Mi'kmaq Association for Cultural Studies and Nations in a Circle, teamed up to make the exhibit happen. "We were thrilled to of-

fer them that opportunity to essentially give people a chance to see it all together before it goes off to Vancouver," said Ray Cronin, the director of the AGNS.

A group of students visiting from Nunavut got a sneak preview of the new exhibit yesterday.

Twelve-year-old Killaq Envara-Strauss of Iqaluit was happy to hear that aboriginal cultures, including her own, will be celebrated in the upcoming Olympics.

"It's a big chance for us to be noticed. A lot of the time they think we still live in igloos and tents," Envara-Strauss said.

"It's a great way to show the world that we're just as developed as everyone else."

The exhibition's official opening will be held tonight at 7:30 p.m.

NDP plans 'mislead': Premier

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Premier Rodney MacDonald didn't waste any time saying what he thought of the NDP election platform released this week.

"Very clearly in the numbers they outlined (Tuesday) they are attempting to mislead Nova Scotians," MacDonald said in his first answer to reporters yesterday morning.

The NDP platform contained 50 promises totalling \$79 million. But they hope to make up that money through other avenues, and project a balanced budget. Yesterday MacDonald said that was inaccurate and didn't make any sense.

"They also said it doesn't cost anything to balance the books of Nova Scotia," he said. "Well, clearly they haven't indicated where they're able to find hundreds of millions of dollars in this year alone to deal with that specific issue."

There is currently a shortfall of about \$260 million in this and last year's budgets. The Tories wanted to change the law to take offshore money put on the



Premier Rodney MacDonald answers questions from the media at the campaign headquarters of Halifax Clayton Park candidate Debbie Hum yesterday.

debt in 2005, and bring it back into general revenue to cover the deficit. That vote lead to their defeat.

NDP Leader Darrell Dexter said yesterday there was nothing that could be done about the existing debt, but his party would

return the province to balanced books.

"(MacDonald's) deficit will be recognized in the years in which they were created, which was last year and this year. In our year we will balance the budget," he said.

"The reason we're hearing Mr. MacDonald become increasingly more desperate with his rhetoric, is because he has had three years to address the issues that are important to people... and he's let the people down."

Opposition looking to speed info requests

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"It's about accountability. It's about allowing ordinary Nova Scotians to have access to the information that they should be entitled to."

Stephen McNeil

Freedom of information advocates saw good signs yesterday, as quicker, cheaper access to information became an election campaign issue for opposition parties.

Liberal Leader Stephen McNeil promised to cut the fee for a Freedom of Information request from \$25 to \$5, and added his government would review the time it takes to fill a request.

"It's about accountability," McNeil said. "It's about

allowing ordinary Nova Scotians to have access to the information that they should be entitled to."

The Right to Know Coalition has been lobbying for such moves for years.

"That's a good start," said coalition president Darce Fardy. "I was very pleased with that. And that they might do something to address waiting times,

which is something that we've also had a problem with. Sometimes people are waiting 18 months."

But Fardy wants to see even more. The government currently charges \$15 per half hour to process applications. That's led to bills of up to \$2,000, he said. Fardy wants that rate cut to a third. He also said the freedom of informa-

tion review officer should report to the legislature.

NDP Leader Darrell Dexter said all of Fardy's recommendations were good ideas, and also vowed to approve access to information. However, he said he'd need to know the cost before cutting rates. He said bureaucrats often refuse and delay requests, but his government would order them to comply.

Progressive Conservative spokeswoman Christina Lamey said they do not currently have any plans to lower freedom of information rates.

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A sexually suggestive Venus figurine with oversized breasts and thighs dates back at least 35,000 years and shows ancient humans had sex on their minds, researchers said yesterday. The 60-millimetre-long figurine may be the oldest piece of its kind yet discovered, researchers said. **REUTERS**

Canada/World

Calgary **Not so nice welcome for Rice**



Protesters gathered on the corner of Stephen Avenue and Centre Street in Calgary to protest former U.S. secretary of state Condoleezza Rice, who was in the city yesterday after being invited by the University of Calgary to speak at the Hyatt Regency.

Colour a barrier: Study

Darker immigrants face more alienation, survey says

Vanessa Kirunda is the last person you'd expect to be looked down on.

Poised, articulate, educated and confident, Kirunda, a black woman, can dissect and analyze why Canadians treat her differently.

But all bets were off when schoolmates called her 10-year-old son Sean a racial epithet. Three times. By children of three different backgrounds.

"I anticipated this would happen, but it breaks my heart. Something is wrong when children say these things. On top of everything, I'm not going to have my child degraded."

Kirunda and her son, Canadian citizens who emigrated from Kenya six years ago, face the sort of walls a

"There is a reluctance to investigate the issue."

Jeffrey Reitz, author

major study of multiculturalism and society pinpoints.

Crunching thousands of numbers from 41,666 people interviewed in nine languages, the just-published study found skin colour — not religion, not income — was the biggest barrier to immigrants feeling they belonged here. And the darker the skin, the bigger the alienation.

"We were surprised that religion didn't have more effect," said lead author Jef-

frey Reitz. "It came down to race, with Asian people reporting some and with young black males the most stigmatized. The data is consistent with that."

"We tend to believe racism is a minor problem in Canada, of little consequence. Someone looked at them funny. Or that many immigrants are doing well, so it must be their fault if they aren't. There is a reluctance to investigate the issue," said Reitz.

The University of Toronto professor of ethnic, immigration and pluralism studies added that a lack of trust was also higher among the successful, Canadian-born, Canadian-educated children of visible minority immigrants. **TORSTAR NEWS SERVICE**

News in brief

POLITICS The Conservative Party launched a series of ads attacking the opposition Liberals yesterday in a bid to recover lost ground in public support ahead of a possible election. The Liberals have threatened to try to topple the minority government by mid-year.

FLU Canadian pigs and pork are unlikely to spread influenza A (H1N1), also known as swine flu, and are safe to import, Britain's Department for Environment, Food and Rural Affairs said yesterday in a statement. **REUTERS**

Unwed moms on rise: Study

FAMILIES More Canadian women are giving birth out of wedlock than ever before, with three out of 10 babies being born to unmarried moms, according to a new study.

Thirty per cent of births in Canada in 2007 were to unwed women, up from 12 per cent in 1980, according to the Centers For Disease Control And Prevention in the United States.

The upward trend was consistent in most developed countries, with levels doubling and tripling in

some cases. In Norway the rate climbed to 54 per cent in 2007, up from 15 per cent in 1980. The rate in the Netherlands rose to 40 per cent from four per cent.

Elizabeth Saewyc, a nursing professor at the University of B.C., said the changing rates can be attributed to a shift in social values toward co-habitation.

"It's becoming more OK (for unmarried couples) to live together, so raising children together is more socially sanctioned," Saewyc said. **METRO CANADA**

Indian vote comes to end

The ruling Congress-led coalition was slightly ahead of the opposition Hindu-nationalist alliance as voting ended in India's general election but both fell short of a parliamentary majority, TV projections said.

A raft of exit polls yesterday showed either alliance would need new partners, renewing concerns that a shaky coalition would emerge as Asia's emerging powerhouse faces economic slowdown and instability in neighbouring Pakistan.

"We are looking at political uncertainty."

Amulya Ganguli

The projections could spark market jitters in the days ahead of the official results, due on Saturday.

Exit polls have had a mixed record in the past among the electorate of more than 700 million people. They were way off the mark in the last 2004 general election.

Prime Minister Manmo-

han Singh's Congress party-led coalition is ahead with 185-205 seats in the 543-member lower house of parliament, an exit poll by CNN-IBN television said. An alliance led by the opposition Bharatiya Janata Party (BJP) would take 165 to 185 seats, leaving both the main political formations far short of the 272 needed for a majority.

"We are looking at political uncertainty and horse-trading," said Amulya Ganguli, a New Delhi-based political commentator.

REUTERS

Palin signs deal to write memoirs

POLITICS Sarah Palin, Alaska's governor and last year's Republican U.S. vice-presidential candidate, has signed a deal to write her memoirs with publisher HarperCollins, the Anchorage Daily News reported Tuesday. Palin did not disclose how much she would be paid by the publisher, which is owned by Fox's and Rupert Murdoch's News Corp.

"There have been so many things written and said through mainstream media that have not been accurate, and it will be nice through an unfiltered forum to get to speak truthfully about who we are and what we stand for and what Alaska is all about," Palin said in an interview published on the newspaper's website.

REUTERS

Pakistan **Influx of refugees**



Internally displaced children try to get food at a distribution centre in Pakistan's Swat district, where troops launched an offensive against militants yesterday. An estimated 800,000 civilians had fled from the latest fighting.

ASIA/REUTERS

Shelling kills aid worker in Sri Lanka

SRI LANKA Shelling killed a Red Cross worker inside Sri Lanka's war zone yesterday, the aid agency said, while troops and the Tamil Tigers battled in an intensifying fight to the finish of Asia's longest modern war.

The pro-rebel website and a government-employed doctor in the war zone whose security is at the whim of the Tigers, said at

least 38 people were killed in an attack on a makeshift medical clinic. The military called the report fabricated.

The International Committee of the Red Cross (ICRC), for days unable to ferry out wounded and deliver aid by boat because of fighting, said a 31-year-old local staff member and his mother were killed by a shell. **REUTERS**

Indian connection

• Sri Lanka's war has become a delicate election issue for India's ruling Congress party in the swing state of Tamil Nadu, home to 60 million Tamils across the Palk Strait where the LTTE was incubated and still commands support. **REUTERS**

News in brief

RACISM Militants and hate groups are increasingly using social networking sites such as Facebook, MySpace and YouTube as propaganda tools to recruit new members, according to a report released

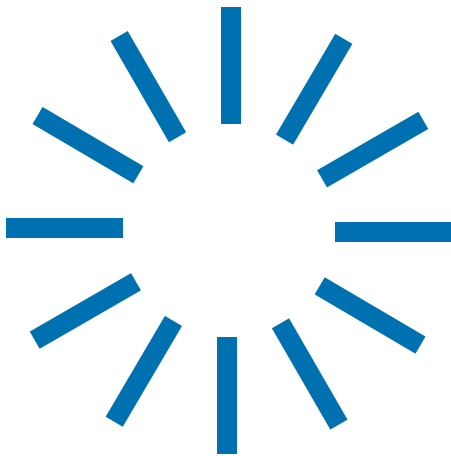
yesterday by the Simon Wiesenthal Center.

EUROVISION Georgia stages its own music festival this weekend in a snub to the Eurovision Song Contest in Moscow after

the country's entry was rejected for mocking Russian Prime Minister Vladimir Putin. Georgia pulled out after organizers said it should revise "We Don't Wanna Put In," a disguised swipe at Putin. **REUTERS**

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Comment & Views

Comment

Dysfunction dying out

Relating

Steve Collins

metronews.ca/collins

As we continue our efforts this week to find the good in these tight-money times, it only makes sense to contemplate the unbuyables — health, happiness and of course love.

On the relationship front, I could offer tips on romantic outings to the local Service Canada office to file for Employment Insurance together, or getting reacquainted with your parents as you move back into their basement, but the secret to the SunnySide Method™ is perspective.

If your job or savings

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

don't bear unpanicked scrutiny these days, you might find it reassuring to take stock of your personal life. Then again, maybe this is the last thing you want to think about. There is, after all, when considering one's relationships, a tendency to dwell on the problems and the irritants, no matter how minor. Relationship columnists, always in search of a conflict on which to hang the story, are doubly guilty of this.

Chances are though, if you really think about it, things are more right than wrong. For every one of your love's grating eccentricities, there are probably three everyday kindnesses you forgot that you take for granted. If not, what are

SunnySide

you twits still doing together?

And some of us are better at this than others, but it might even be appropriate while taking stock, to spare a thankful thought for your exes. No matter how badly it ended, you've still got the memories, whether bitter-sweet or giddily pornographic, and everything you learned from each other — even if in the end it had to be learned the hard way.

Your important relationships aren't limited to the romantic, either. Your friends and family, the softball team or the co-workers (if you still have co-workers, of course) all populate that vital non-economic part of life.

For every small way these people drive you crazy, they make up for it by lending a

hand, sharing a laugh, making you see things differently.

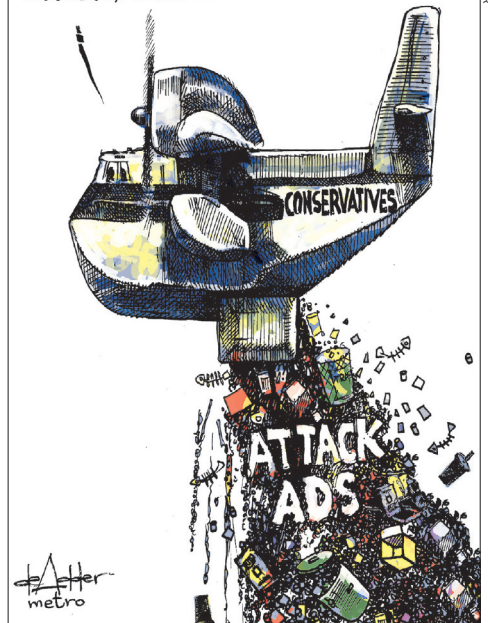
If brute optimism isn't enough to get you through, the occasional piece of statistical evidence pops up to suggest we're getting better at getting along.

For example, in new research from the University of Lethbridge, Canadian teenagers are reporting better relationships with their parents today than any teens in the last 30 years. Arguments are down, and mutual enjoyment and understanding up, according to the national survey.

Less dysfunction at home should mean less mess later, as it's striking how much the dynamics of future relationships resemble those first ones within your family, so this is an encouraging trend.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

INTERESTING NEW STRATEGY, MR. HARPER.



MICHAEL DI ADORNI

Views

Sheeple sheds light on MP's time with PM



Garth Turner

"Garth who"

So, the official response to my latest book by the Prime Minister's Office summed things up nicely.

I couldn't have put it better myself.

After all, these were the guys who'd obsessed about what to do with me, how to stop my blogging, from talking to reporters, from webcasting in the foyer of the House of Commons and from scrutinizing my own party's policies, for the entire time I was a Stephen Harper MP.

It was just days after I was elected again in 2006 that Harper's right-hand man, chief of staff Ian Brodie, ordered me to go offline — or be punted from my own party. Ten

months later, he and his boss did just that. And when they did, for the high crime of opening my mouth and having an opinion, they alleged instead I'd broken caucus confidentiality in writing about party secrets.

This is what makes the reaction to my book, "Sheeple," ironically tasty. In Harper's caucus, there are no secrets. There's nothing to keep confidential. MPs aren't allowed to speak without prior permission. They know the consequences of questioning the leader or his dictates. Debate does not exist. During my time in that room there was no free discussion on

Afghanistan, same-sex marriage, gun control or the environment.

This is because in Harper's Canada, MPs don't matter. Our prime minister believes that Conservatives elected go to Ottawa to work for him, and the party. They're employees, to be cajoled, herded, muscled, or in the case of me and Maritime MP Bill Casey, fired for insubordination.

My deep mistake was to believe members of Parliament work for the people who send them there. And that is what I told the guy. The people are the ones an MP must answer to, report to and stand before. The job of the elected is to represent

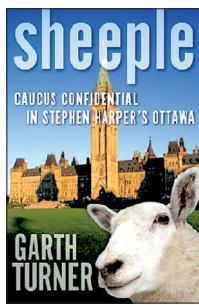
the voters to Ottawa, not come home and tell the citizens what to believe.

In the end, I had to go. The PM was sick of my blog and my lip, and made a fine example of me by tossing me out of his caucus, then out of the party I had belonged to longer than he.

And although I had served two previous Conservative prime ministers, sat at the cabinet table and even been a leadership contender, Stephen Harper dropped the political nuke as a signal to the sheeple in his flock that anyone who displeased him would be dooced.

And then dismissed — like the voters.

Garth Turner served as an MP twice, last elected in 2006 as a Conservative before being ejected from his party. He is a best-selling author of personal finance books. His latest book, "Sheeple" is about his political journey.



SunnySide

Leave your lunch at home and hit a café to help economy

Re: SunnySide initiative

I propose that on Friday, May 29, every daytime worker do not bring a lunch if they can possibly buy it for that day. That includes coffee or tea. The exceptions, of course, would be if it's financially impossible or there's no cafés or restaurants near them.

This would give all local cafés and restaurants across Canada immense business for at least one day. May 29 should generate enough business to get some money circulating from British Columbia to Newfoundland. If it works, perhaps the following month do it again on June 26.

BARRY WOOD,
HALIFAX

SunnySide

Organic vegetables can help to reduce system spending

Re: SunnySide initiative

Here are some ideas: Instead of people opting to work out in a gym, lots of calories can be burned in their backyards by growing organic vegetables. Excess vegetables could be supplied to shelters or home-care centres, thus minimizing government funding.

Those government funds can be utilized for creating jobs in less-developed areas.

It's time to rethink the millions of dollars that goes for some ridiculous research project, such as men's and women's grooming habits.

PRADEEP KRISHNA RAO,
MISSISSAUGA, ONT.

Metro Online Poll Results

66% SAID YES

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Craigslist to drop "erotic services" ads: Official

Craigslist will replace its "erotic services" ads with a new adult category "to bar flagrant prostitution and porn," the Connecticut attorney general's office said yesterday. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Gadgets hurt efficiency gains, says new report

Energy use could triple by 2030, IEA warns

Demand for energy-thirsty gadgets such as cellphones, iPods, PCs and plasma TVs is undoing efficiency gains elsewhere, the International Energy Agency said yesterday.

The Paris-based energy adviser to 28 developed countries urged governments in a report to keep pace with the invention of new consumer devices when crafting efficiency standards, and implored people to make thriftier choices.

The IEA warned that otherwise energy used by household electronic devices could triple by 2030.

Energy consumption is associated with carbon

Consumption

Residential electricity consumption has been growing in all regions of the world at an average of 3.4 per cent a year since 1990, the International Energy Agency report said.

emissions because most electricity is generated from burning high-carbon fossil fuels such as coal and natural gas.

But the world doesn't have to curb an insatiable appetite for ever more clever, exciting or fashionable gadgets, provided people choose the most efficient versions available,

said IEA analyst Paul Waide.

He said that governments have generally been reluctant to introduce policies for these types of products because they've been changing so much.

Technologies were already available to improve efficiency by at least 40 per cent across most appliances, the report found, but uptake depends on choices by fickle consumers.

"The extent of savings is large; however, the energy and financial savings on individual residential appliances often appear insignificant to consumers," the report said. **REUTERS**

In brief

EARNINGS Quebecor Inc. posted a lower quarterly profit yesterday because of a large one-time gain a year earlier, but said its strong cable business is helping it weather the recession. **REUTERS**

The DAILY BUSINESS BUZZ

Redesign honoured: The 2009 Summit Creative Awards competition has honoured Spectacle Group of Halifax with the Silver Award for its brand redesign of Taste of Nova Scotia.

Health, safety excellence: A Bedford waste-management and environmental-services operation has received a prestigious award for health and safety excellence from its Calgary-based parent company, Newalta Corp.

Coast Beverages plant: Fuzzy Duck, which is behind Atlantic Canada's only homegrown premium vodka beverage, has established the new Coast Beverages Inc. production facility in Antigonish.

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nsbj.ca

Japan Hunting for a husband



A model displays lingerie-maker Triumph International's new "Konkatsu Bra," literally meaning "marriage-hunting" bra, during an unveiling in Tokyo yesterday. The bra features a countdown clock showing the marriage deadline set by the wearer, and when an engagement ring is inserted between the cups, the melody of the Wedding March is played.

Pension issue threatens GM

AUTO Pension issues are stymieing efforts to reach a new concession deal between the Canadian Auto Workers union and General Motors Corp. that is needed to keep the automaker's Canadian operations from liquidation, the head of the union said yesterday.

The two sides have until Friday to strike a new cost-cutting deal or the automaker could miss out on

billions of dollars in government loans needed to keep GM Canada afloat.

The biggest hurdle involves the cost of pensions for GM's retired workers, CAW president Ken Lewenza said.

GM Canada has about five retirees for every active worker. Complicating matters is a pension fund shortfall at the company estimated to be as high as \$7 billion. **REUTERS**

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Jason Taylor is heading home and will return to the Miami Dolphins for the 2009 season. The South Florida Sun-Sentinel reported that Taylor has agreed to a one-year deal worth \$1.5 million to play for the Dolphins after spending one season with the Washington Redskins. **METRO NEWS SERVICES**

Sports



Desjardins to head juniors

Willie Desjardins, left, coach of the WHL's Medicine Hat Tigers has been named head coach of the Canadian junior men's hockey team yesterday, as they chase a record sixth straight gold at the world junior championship. The 52-year-old from Climax, Sask., was an assistant coach on Pat Quinn's coaching staff when Canada won its fifth consecutive gold medal this January. **METRO NEWS SERVICES**

SPORTS@METRONEWS.CA

Crosby bests Ovechkin

Pittsburgh eliminates Washington with wild Game 7 win



Sidney Crosby rose to the occasion in his first career playoff Game 7, recording two goals and one assist as the Pittsburgh Penguins punched their ticket to the Eastern Conference finals with a convincing 6-2 decision over the Washington Capitals at Verizon Center.

Crosby finished the series with eight goals and 13 points, and currently leads all players remaining with 12 total playoff goals.

Craig Adams, Bill Guerin, Kris Letang and Jordan Staal also lit the lamp for the Penguins, who took the semifinal series four games to three and will be among the final four teams to compete for the Stanley Cup for the second time in as many seasons.

The club will rest until



Pittsburgh's Sidney Crosby, centre, celebrates his first-period goal with Kris Letang, left, and Bill Guerin last night. The Penguins won 6-2 and eliminated Washington.

opening the Eastern Conference finals this weekend against either the Bruins or Hurricanes, whose own Game 7 takes place tonight in Boston.

Marc-Andre Fleury was rarely tested for his eighth win of this postseason, needing to make just 19 saves.

Alex Ovechkin and Brooks Laich scored for the

Capitals, who have dropped two of their last three series-deciding games on home ice and were denied the franchise's third trip to the conference finals.

The setback continued Washington's franchise-long playoff hex against Pittsburgh, as the Caps have lost seven of eight playoff series against the

Pens and have also failed to claim victory in three Game 7s.

Rookie netminder Simeon Varlamov had his worst game as a professional in defeat, victimized for four goals on 18 shots in just over 22 minutes of play. Jose Theodore completed the contest by allowing a pair of scores on 12 shots.

METRO NEWS SERVICES

Jays lose as Yankees romp

Before last night's game against the Yankees, Jays manager Cito Gaston praised rookie pitcher Scott Richmond for consistently giving his team a chance to win.

But that chance all but evaporated in the second inning when the Yankees tagged Richmond for five runs and rolled to an 8-2 win over the AL's hottest team.

The loss dropped the Jays' record to 23-13, which still led the AL East, but not by much over the Boston Red Sox, who were in California last night playing the Los Angeles Angels of Anaheim.

Although Richmond only claimed the final spot in the Jays' starting rotation in the final week of spring training, Gaston said his early season success wasn't surprising.

Richmond, who was voted the AL's rookie of the month for April, entered last night with a 4-1 record and 3.29 ERA. In just over 38 innings, he had recorded 29 strikeouts, tied with Brian Tallet for second on the team behind Roy Halladay.

"He kept us in ball games. He throws strikes," Gaston said before the game. "If you can throw strikes up here (in the major leagues),

MLB RESULTS

Toronto 2 New York 8



you can win."

He opened the game throwing still more strikes, both by design and with help from free-swinging Yankees hitters. Richmond earned his 30th strikeout of the season when leadoff hitter Johnny Damon swung at a slider in the dirt. Then he got right fielder Nick Swisher swinging at a 91-m.p.h. fastball.

The Jays' offence, leading the majors with 209 runs through Tuesday, contributed one more in the first inning.

A pair of walks around a fielder's choice put runners on first and second. Aaron Hill reached third on Vernon Wells' fielder's choice, then scored when Yankees first baseman Mark Texiera couldn't scoop Robinson Cano's low throw from the dirt.

But then came the second, when the Yankees squeezed an entire game's worth of extra-base hits into a single inning.

TORSTAR NEWS SERVICE

Sports in brief

TENNIS Spanish superstar Rafael Nadal, last week's Belgrade titlist Novak Djokovic and top American Andy Roddick were among yesterday's second-round winners at the \$5 million Madrid Open, an ATP World Tour Masters event and French Open tune-up.

FORMULA ONE Former champions Renault followed Ferrari's lead yesterday and threatened to quit Formula One at the end of the season unless the governing body rewrites the 2010 rules. "If the decisions announced by the (FIA) World Council on the 29th of April 2009 are not revised, we have no choice but to withdraw from the FIA Formula One world championship at the end of 2009," team boss Flavio Briatore said in a statement.

OLYMPICS Olympic athletes blogging during the 2010 Games won't be allowed to use the iconic Olympic rings on their web pages. But otherwise, the International Olympic Committee has left the rules around blogging mostly unchanged.

METRO NEWS SERVICES

LeBron a unanimous all-star

BASKETBALL Cleveland Cavaliers forward LeBron James and Los Angeles Lakers guard Kobe Bryant headline the All-NBA First Team, the league announced Wednesday.

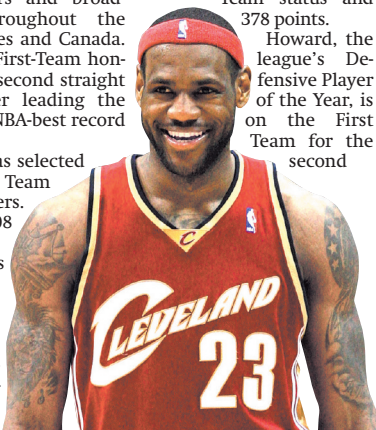
James, the NBA's MVP for the 2008-09 season, was a unanimous choice in voting by a panel of 122 sportswriters and broadcasters throughout the United States and Canada. He earned First-Team honors for the second straight season after leading the Cavs to an NBA-best record of 66-16.

Bryant was selected to the First Team by 119 voters. The 2007-08 MVP notched his fourth straight First-Team selection.

Also earning First-Team honours were

Orlando centre Dwight Howard, Miami guard Dwyane Wade and Dallas forward Dirk Nowitzki, who edged San Antonio's Tim Duncan in the voting. Nowitzki received 35 votes for the First Team and total of 383 points in the 5-3-1 system, while Duncan garnered 39 votes for First-Team status and 378 points.

Howard, the league's Defensive Player of the Year, is on the First Team for the second



CanCon

• Neither Toronto Raptors centre Chris Bosh nor Victoria's Steve Nash, a point guard with the Phoenix Suns, received enough votes to be named to the squads. Bosh received 56 points while Nash had seven.

straight year. Wade, the league's leading scorer at 30.2 points per game, earned his first selection to the First Team, while Nowitzki is a First Team member for the fourth time.

Duncan and Boston's Paul Pierce are the forwards on the Second Team, which also features Houston center Yao Ming and guards Chris Paul of New Orleans and Brandon Roy of Portland.

Of the 15 players chosen for the three teams, 11 come from the Western Conference.

METRO NEWS SERVICES

Ontario open to helping Balsillie with arena renos

NHL The Ontario government is doing the old spinarama when it comes to financial help for BlackBerry billionaire Jim Balsillie's bid to bring the NHL's Phoenix Coyotes to Hamilton.

In a change of direction from last week, Premier Dalton McGuinty yesterday pointedly did not rule out Queen's Park contributing some of the \$120 million Balsillie is apparently seeking for improvements to Copps Coliseum.

"I'm very much in favour of a new hockey team in Ontario," the premier told reporters, insisting while he knew "nothing about" any request for public money for the venture, his door was open.

"We'll just have to wait and see if we get a sensible

proposal. The last I've heard (is) that the NHL board of governors had dug in (and opposed the Coyotes being moved)."

McGuinty, who counts Balsillie as a friend and a supporter, suggested renovations to Copps could be part of the government's

investments in Hamilton for the 2015 Pan American Games bid.

That's a shift from a week ago when he ruled out any public funding for an NHL team.

"We're not talking about coming to the table with taxpayer dollars here; what we are talking about is a private sector venture, somebody with the resources to bring a franchise to southern Ontario," the premier said May 6.

TORSTAR NEWS SERVICE

Tigers hire former star to coach women's basketball team

The Dalhousie Tigers have hired Anna Stammberger (nee Pendergast) as head coach of their women's basketball team. Stammberger, an all-Canadian at Dal in the early 1980s, replaces 32-year veteran Carolyn Savoy, who retired in April. **METRO HALIFAX**

sports **9**

Added games unlikely

Rainmen owner pushes for expanded schedule, but league demurs

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Rainmen may have to get creative if they want to play more games at the Metro Centre next year.

Owner Andre Levingston was in Chicago yesterday for the Premier Basketball League's annual meetings and lobbied for an extension of the existing 20-game schedule. He wasn't flat-out rejected but it doesn't look likely.

"My question was, 'Is it fair to say next year will be a 20-game season?' And the answer was, 'At this point, yes, next year will be 20 games,'" Levingston said. "I was hoping for an increase of at least two (home) games. I would definitely like to see 12 home games at the Metro Centre next season."

Levingston said the PBL is handling growth cautiously and that not all teams are ready for more home games.



Former Halifax Rainmen forward Rob Sanders drives to the hoop against a trio of defenders from the now defunct Montreal Sasquat'ch at the Metro Centre.

If the PBL's decision stands, he said he wants to add two exhibition contests to his regular-season schedule. He would like to bring in the Chinese national team and the two-time defending PBL champion Rochester RazorSharks.

"We definitely need a few more games at the Metro Centre," he said. "I was hoping to hear (something

different) but now we'll have to make that happen on our own."

Levingston said the Montreal Sasquat'ch and Augusta Groove will not be back in 2010. Montreal's departure leaves the Atlantic Conference with four teams: The Rainmen, Vermont Frost Heaves, Manchester Millrats and Quebec Kebs.

Although the PBL could add more teams in the coming weeks, Levingston said none are Canadian and none would be an ideal geographical fit for the Atlantic Conference.

He said the overall tone of the meetings was positive.

"All in all, next season will be very, very exciting," he said.

Bluenose League making strides?

MATTHEW WUEST
matthew.wuest@metronews.ca

A Nova Scotia-based group hoping to create the NHL's version of baseball's Grapefruit League in the Maritimes is holding a press conference tomorrow in Halifax.

Sources tell Metro Halifax the group — dubbed the Bluenose League — has reached a three-year deal to bring the Florida Panthers to Port Hawkesbury for part of training camp in early September and to the Metro Centre on Sept. 15 for a pre-season game against the Ottawa Senators.

Although the idea of a Bluenose League has been bandied about for several years, this announcement would be the first concrete

step toward establishing the circuit.

It is believed other NHL teams have expressed an interest in multi-year agreements to come to Maritime cities.

The Bluenose League, which has support of Trade Centre Ltd., is spearheaded by president Ralston MacDonnell.

Teams have migrated to the Maritimes for camps in recent years, including the Boston Bruins to Halifax, New York Islanders to Yarmouth, Pittsburgh Penguins to Moncton and Columbus Blue Jackets to Summerside, P.E.I.

The Bruins spent nearly a week in Halifax last September and wrapped things up with exhibition games against the Montreal Canadiens and Detroit Red Wings.

Sports in brief

CFL The Winnipeg Blue Bombers have signed former Acadia Axeman Ivan Birungi,

who holds the Atlantic University Sport record for touchdown catches with 29. **METRO HALIFAX**

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Rust-Oleum has released new spray-on chalkboard paint, great for a child's room or the door of the pantry, where you can write To-Do and grocery lists. Visit rustoleum.ca for more information. **METRO NEWS SERVICES**

Metro Homes



No more mess

Ever try to stain a wooden piece of furniture and end up staining your hands, arms, legs and the floor? Verathane has the answer for you with its new line of foam stains. Simply apply the foam to wood and rub in and you're done. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



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Green materials remain popular amid recession

Canadians recognize the long-term, cost-saving value of building a home with sustainable materials. Recession or no recession, survey findings show that in the next five years, the "green" building market in North America is expected to double with up to 20 per cent insisting on the use of sustainable materials.

"A green home uses less energy and natural resources," says Todd Blyth at Nudura, a Canadian company known for its concrete building system to replace wood. "An environmentally responsible structure creates less waste and is healthier and more comfortable for the occupants. Other equally important benefits include lower energy and water bills, reduced exposure to mould, mildew and other indoor toxins that are often associated with traditional building methods. As a result, the net cost of owning a sustainable home is comparable to cost of a conventional one."

When talking to your

builder, ask for materials and systems that meet established green criteria and work in conjunction with each other.

"Concrete is a good place to begin," says Blyth, referring to the award-winning, Nudura building system. This greener process builds walls to the roof with a method that entails interlocking forms with two layers of polystyrene, steel reinforced, and filled with concrete.

"The resulting walls deliver far superior performance than the traditional wood frame method. A home constructed this way will improve your lifestyle — and if combined with our ceiling and floor insulation, you will see even greater benefits to the environment and to the overall re-sale value of the house."

The forms can be ordered in a variety of sizes and shapes so that your walls and ceilings can be built to any design. Concrete walls eliminate the risk of mould growth too. **NEWS CANADA**

Open up the cottage, but bring a tool belt

HomeScape

Sylvia Putz

metronews.ca/homescape

Opening up the cottage is a North American ritual and it so happens that the usual time for this is just about any day now.

And when cottagers make their way to their cottages for the first time this year, what will they find? Perhaps a dock that has been damaged by ice, or even swept down the bay, a railing that has been damaged by a fallen tree or a roof damaged by branches brought down by snow. Inside, you may find mouse nests in the cottage linens, mouse droppings in the cupboard, and gnawed through flour containers in the kitchen.

Ah, such are the delights of cottage life. You never know what you'll find on that first trip of the season.

One thing is clear. And that's that people who do a thorough job of preparing for the winter in the fall are a lot less likely to suffer

from a nasty surprise, come the cottage-opening season. For example, I once left a rusty old barbecue in the far corner of the porch of my parents' cottage over the winter. It hadn't been used in years and my plan was to take it to the dump in the spring.

I learned there and then that I should have dealt with it in a more timely fashion. When it was time to open the cottage, we discovered we had had a visit(s) from what we judged by the footprints to be a sizable bear. It looked as if it had tipped that old barbecue over, and then proceeded to shove it around the deck with considerable enthusiasm, leaving an indelible mess of soot, coals and ancient grease.

During the fall closing, you've got to be thinking about battening down the hatches, and stowing away stuff securely. Lock up the cottage tightly and put away anything that can be damaged by animals, wind and weather.

And for those people who have not been as conscientious as they should have been about draining pipes, tanks and pumps, I feel bad for you. Cottage opening will likely be a miserable affair, spent soldering burst



Opening up the cottage can be joyous time, but the problems that you may have to deal with can be very time consuming.

Hints and tips

- In the spring, check all pipes and connections before you prime the water pump.
- Visually check exterior wiring to the cottage to spot any fraying or damaged lines before you power up the cottage.
- Wait for the hot water heater to fill up with water before you flip the switch to start it up for the season, or you could burn the heating elements.
- Cut back dead or damaged branches. Also check wood siding for any sign of rot, and pay special attention to caulking around windows. Look on to the roof for missing shingles or fixtures.
- On the interior, inspect for any water damage on ceilings or walls. This can help you spot leaking problems that may not be visible on the outside.
- Clean cupboards and be on the lookout for mouse droppings. If you find them, clean with antiseptic solution and remember to wear mask.
- Inspect decks and railings and secure any loose planks or handrails.

—SYLVIA PUTZ

pipes in the back-bending and spider-webby crawl space.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

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Washing tips

Grit and sand can wedge itself in the tightly compacted tips, so wash well, lightly scrubbing the tips. Break off asparagus stems where they snap easily, composting the ends. **METRO NEWS SERVICES**

Food

Look for firm, straight spears with deep green or purple tips that are compact and tightly closed. The stem ends should be moist and green, not grey, cracked or dry.

BARB HOLLAND/FOR METRO CANADA



Same size

Skinny, medium or large, the size isn't the issue, but try to pick similar size spears for even cooking. Medium to large are better for the grill.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Three cheers for these beers

As the first fair-weather long weekend of the year is on the horizon and the drinking is easy. Whether it's Molson, Labatt, Keith's, or any one of the dozens of excellent micro-brews (with a home-town shout out to Nova Scotia's Garrison and Propeller breweries) made across our vast piece of geography, nothing goes better with a Canadian three-day than a few too many cold ones.

I'll be in the land of Queen Victoria and the neighbourhood locals for most of the celebration: Spending some time tasting my way around the London International Wine Fair. That doesn't mean I won't indulge in a brew or two during my travels.

I've had the chance to tour London's own Fuller's Brewery in Chiswick more than once and their ESB (500 ml,

\$2.50 - \$3.99) — which stands for Extra Special Bitter — is a classic, full-bodied malt-fest with plenty of lively hopes and, you guessed it, bitterness. Combine a pint with your favourite barbecued grub this weekend.

If European lagers from the mainland are more your style, try the Czech Republic's Czechvar (500 ml, \$2.55 - \$3.05) with goulash, roast pork or just about anything. Its golden colour and rich, concentrated flavour oozes drinkability.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Local Savour

Fries and Co.

2603 Connolly St.

455-5250

Hamburger with fries, \$4.15 (taxes in)

Located on the corner of Chebucto and Connolly for 33 years, this famous Halifax eatery gives you good prices and leaves you with a full belly. Fries and Co. is most famous for its fish and chips, which you can get a family pack of for eight pieces and family size fries for \$28.20, taxes in. You can also get a seafood platter for \$14.55, taxes in.

In brief

SCOOP THIS The Barenaked Ladies launched the new Ben & Jerry's ice cream named after them this week. If I Had 1,000,000 Flavours. Its marketed as a "collision of chocolate and vanilla ice creams," with chocolate-covered toffee,



chocolate-covered almonds, white chocolate chunks and peanut butter cups.

TORSTAR NEWS SERVICE

First spears of summer

À la carte

Barb Holland

metronews.ca/alacarte

The first long weekend of the 'summer' generally heralds a number of openings — the cottage, Farmers' Markets, firing up the grill and the sightings of the first vegetable of season, asparagus.

In a survey conducted in February 2009 for Weber-Stephen Products Company to determine consumer trends, 68 per cent of Canadians said they prefer grilling in the summer while 32 per cent report grilling year-round.

Asparagus and Prosciutto with Lemon Vinaigrette

Asparagus season is short, usually just four to six weeks, depending on weather and locale, so grill some up soon. This recipe, from a terrific cookbook Weber's Way to Grill, the Step-by-Step Guide to Expert Grilling by Jamie Purviance, would be good with grilled chicken, salmon or pork. Makes 4 servings.

INGREDIENTS:

- 2 tbsp (30 ml) apple cider vinegar
- 1 tbsp (15 ml) finely diced shallot
- 2 tsp (10 ml) finely grated lemon zest
- 1 tsp (5 ml) Dijon mustard
- 1/4 cup (60 ml) extra-virgin olive oil
- 1/4 tsp (1 ml) each: kosher salt and freshly ground black pepper
- 1 1/2 lbs (750 g) asparagus (about 1-1/2 bunches)
- 1/2 tsp (2 ml) kosher salt
- 4 thin slices prosciutto

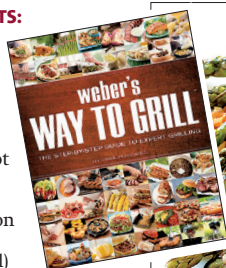
METHOD:

Preheat barbecue to medium heat.

In small bowl, whisk vinegar, shallot, lemon zest, and mustard. Slowly whisk in oil. Season with salt and pepper.

Wash asparagus well, snap off ends. Drizzle asparagus with a few tablespoons of the vinaigrette and season evenly with salt.

Grill asparagus and the prosciutto over direct medium heat, with the lid closed as much as possible, until the asparagus is tender and the prosciutto is



This recipe comes from Weber's Way to Grill.

crisp, turning once or twice, 6 to 8 minutes for the asparagus and 1 to 2 minutes for the prosciutto. Arrange asparagus on a platter, spoon on remaining vinaigrette, and crumble the crispy prosciutto on top.

©2008 Weber-Stephen Products Co. Recipe from Weber's Way to Grill™ by Jamie Purviance. Used with permission.

TIPS:

- The fresher the better, asparagus is best cooked the day you buy it. To store any longer, cut 1 inch (2.5 cm) or so off the ends and wrap the ends in wet paper towel and store in plastic bag; or store like flowers, upright in 1 inch (2.5 cm) of

water in a container and cover with plastic.

- Roasting and grilling concentrate the flavour of most foods, particularly vegetables that are often cooked in water, such as asparagus. Toss in a little oil, season to taste and grill until tender-crisp but bright green. For doneness, go by looks and texture rather than time.

- Good for you — asparagus is high in folate, a source of vitamin C and A, iron, phosphorus, potassium, thiamine and riboflavin. Low in calories, each spear has about 8 calories.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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— Frank Zappa

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Style



The new faces of L'Oréal

Announced yesterday, two well-known beauties — Evangelina Lilly (far left), and Freida Pinto — join L'Oréal Paris as new world spokespeople for the brand. Pinto is best known for her starring role in the Oscar-winning film *Slumdog Millionaire*, while Lilly caught viewers' attention in the popular TV drama *Lost* in which she won a 2007 Golden Globe Award nomination for best actress. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Fashion journalist Jeanne Beker, second from left, returns to her post as Canada's Next Top Model judge along with (left to right): Mike Ruiz, Jay Manuel, Yasmin Warsame and Nolé Marin.

Media maven

Jeanne Beker is the ultimate fashion multi-tasker

BRIAN COULTON
for Metro Canada

There was a time Jeanne Beker recalls when specialization intimidated success.

"They used to say 'Jack of all trades, master of none!'" an energetic Beker says with a mocking nasal voice in her downtown Toronto office. "I think it's a very old fashioned notion now. It would be a pretty boring life for me if I was only involved in one medium."

Boring, for the Canadian fashion icon, would make most beat. Beker is the long-time face of Fashion Television, editor-in-chief of *FQ* and *Sir* magazines, author of three books, fashion columnist for *The Globe and Mail* and a judge on CTV reality show *Canada's Next Top Model*, its third season set to premiere on May 26.

The array of multimedia hats Beker wears today (which surely match those in her closet) stems from her fundamental passion for communication. Before media, Beker was an actress, once studying mime in Paris under Marcel Marceau's teacher Étienne Decroux. It wasn't until 1975, when she moved to St. John's, Nfld., that she

"Fashion keeps you from ever growing old in some ways, because it's constantly changing."

Jeanne Beker,
Canada's Next Top
Model judge

found her voice.

"I was the only mime artist in the province and I got a job in radio," she says with irony. "That's just the proof that I was really all about communication, first and foremost."

St. John's became Toronto, radio turned into television and Beker found herself on the big city small screen, hosting *The New Music* with CNN-bound JD Roberts. But after meeting all of her youthful rock idols ("I thought, if I interview Rod Stewart once more, I'll lose it!" she quips), Beker, then in her early 30s, says she desired doing something more "age appropriate."

"Fashion's the kind of thing you can grow old in ... Actually, fashion keeps you from ever growing old in some ways, because it's constantly changing. It looked like the next big

thing, and we were right."

That prediction has held strong for 24 years, since Fashion Television was created (a run Beker says she'd never have believed if told back then). Today, she continues to be seen running about the streets of the world's fashion capitals with her cameraman and a microphone in hand, reporting from runway shows and interviewing befriended designers from Gaultier to Valentino. But despite her years in the business, Beker says she'll never tire of fashion.

"The only constant in fashion is change. The personalities — the egos, the icons and the drama in fashion — it's all so irresistible. To me, it's the most colourful arena I can imagine."

But, it's also one Beker doesn't know how to progress further in. "I think about it every night!" she says, slapping her desk. She says she only hopes to continue to present popular culture's cutting edge, in a motley manner.

"It's about really reaching out and communicating to people and looking at situations in a multitude of different ways. That's what makes things so compelling — when there are all these different textures to play with."

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DIY distressed jeans

KENYA HUNT
Metro World News

1 Place a wood cutting board inside each pant leg. Pick strategic areas on the denim that you want to look worn. Scrape designated areas with a cheese grater until you achieve the desired look.

2 Using a large, utility knife, cut areas of jean that you'd like to look ripped (don't use scissors, which will make the rips look too precise.) Grab a rough pumice stone or sandpaper and rub the fabric around the cut in order to soften the edges and

give that aged look.

3 Wearing rubber gloves, dip a sponge into a bucket of bleach and water. Next, lightly sponge areas you want to look discoloured. Afterwards, toss in washing machine and voilà you've got a pair of distressed jeans.



A look from the Balmain spring summer '09 collection

FlareFashion

Lisa
Tant

Read the blog at
metronews.ca/flarefashion

Model judge sacked

Former supermodel Paulina Porizkova revealed this week that she has been booted from her judge's post on America's Next Top Model. "Listen, do you know why I am in Los Angeles? Because I am looking for a job," Porizkova informed Craig Ferguson on his talk show. [EONLINE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Green Day takes swipe at U.S.

Green Day

Album: 21st Century Breakdown **Label:** Warner
Rating: ⓈⓈⓈⓈ

IT'S BEEN FIVE years since Green Day completed its transformation



from poseur punks to thought-provoking social activists, so no one should be surprised that the group's new album takes another swipe at America's decaying culture. What is astonishing is that the California trio is even more upset and angry about the state of their country, even though a new U.S. president is in power. In this three-act rock opera, the band rails against religion,

and alienation among other things. Musically, this is as tight as they've ever been, though some of the more classic rock sounding tracks aren't as strong as the punk-influenced tunes.

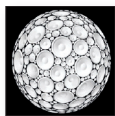
Bryan Borzykowski/for Metro Canada

The Crystal Method

Album: Divided By Night
Label: Tiny e Records
Rating: ⓈⓈⓈ

WHEN THE

CRYSTAL Method exploded on the dance scene in the late-'90s, their competition was limited to a handful of acts. Now, everyone's playing loud, big beat dance music, so the duo has to step it up if they want to



Green Day rails against religion and alienation on its new album, 21st Century Breakdown, which is out Friday.

stay relevant. They've tried to do just that by enlisting a bevy of popular indie artists, including Metric's Emily Haines, to sing over their slick electro sounds. While it works to some de-

gree — Matisyahu's Drown in the Now might be his best work yet — it's missing the attack and originality that their younger contemporaries have mastered.

Bryan Borzykowski/for Metro Canada

Sophie Milman

Album: Take Love Easy
Label: Linus
Rating: ⓈⓈⓈⓈ

THERE ARE TIMES when the world seems awash with "sexy" or "sultry"



candle light-and-wine jazz singers whose phrasing is always more important than the actual power of her instrument. So what makes Milman any different? Hard to say, really. But there's a timbre and tone to her alto voice that is just so ... likeable. Here, she follows up her Juno-winning Make Someone Happy CD with a mix of the usual jazz standards

MusicReviews

music@metronews.ca

by stalwarts like Cole Porter, Johnny Mercer and Duke Ellington with some intriguing arrangements of more contemporary tunes. The formula works wonderfully on Paul Simon's 50 Ways To Leave Your Lover and Joni Mitchell's Be Cool, both of which were written during their masters' "jazz periods." It fails, however, on Bruce Springsteen's I'm On Fire and offers surprising results on Bonnie Raitt's I Can't Make you Love Me.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/14/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty 'In the Stars'	Grey's Anatomy (N)		
	7	7	7	ASN	The Road to Avonlea	Instant Star	TBA	Old Christine	Old Christine	America's Next Top Model	Southland (N)	
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	TBA	To Be Announced	NHL Hockey: Conf. Semifinal			
	2	2	2	CBC-F	Urgences (SC)		Des squelettes	Gars fille	Perdus 'Jughead' (SC)	Les Galas 2007 du Festival	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Tocantins (N)	CSI: Crime Scene Invstgtn.	CSI: NY	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Dépenses xtr	Histoires-filles	Dr. House (HDTV) (SC)	Destination Nor'Ouest (SC)	TVA 22 heures	
	6	6	6	CHIF	Entertainment	ET Canada	Bones	Survivor: Tocantins (N)	The Office (N) Kink in Hair	Squeeze Play	Market Call	
	9	9	9	CJCH	etalk	Hollywood	Grey's Anatomy	'Here's to Future Days: Now or Never'	Podium TV	EastLink Television		
	10	10	10	ELTV	(6) EastLink Television							
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Bones (N)	Hell's Kitchen (N)	Fox First	
prime time	12	12	12	NBC	NBC News	NBC News	Hollywood	Extra (N)	Name Is Earl	Parks-Recreat	The Office (N) 30 Rock	Southland (N)
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	National	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop	Ask This Old	Michigan
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop	Ask This Old	Michigan	MI-5
	68	68	68	TQS	Rire et délire	Chemin du golf	Loft Story	Avec Albert	Tendresse maternelle (2006, Suspense)	Chandra West.		110 pour cent
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight			Campbell Brown: No Bias	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF	Golf Central	Big Break			Monday After the Masters (N)	PGA Tour Golf	Valero Texas Open -- First Round. (HDTV)	
	52	52	52	RSE	Hockey Central	Jays			MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.			Memorial Cup
	55	55	55	SCOR	(6) HSR				NBA Basketball Teams to Be Announced. (Live)			Score Tonight
news	45	45	45	SPD	Countdown to All-Star (HDTV)				Dave Despain All Star Special	Sprint Pit Crew Challenge (HDTV) (N)		
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey: Eastern Conference Semifinal Game 7 -- Hurricanes at Bruins					
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Titan A.E. *** (2000)	Next of School
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	TYT	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life	Comfy Couch
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami 'Shock'		The First 48 (HDTV)		The First 48 (HDTV)	The First 48
	70	70	70	APTN	News (N)		Warriors: TKO	Wapos Bay	By the Rapids	renegade/press	The Real McCoy *** (1993, Suspense)	
	50	50	50	BET	106 & Park: BET's Top 10 Live	'Top 10 Countdown'			Never Die Alone *** (2004, Suspense)	DMX.		College Hill
	37	37	37	BRVO	Street Legal		Storytellers	Snapshot	Bathroom Divas-Opera Star	Home Team *** (1999, Comedy-Drama)		
sports	25	25	25	CMT	Karaoke Star	Taylor Swift	Shaye: This Is It		Home Improve.	Home Improve.	Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	South Park	VIP	Hope & Faith
	153	153	153	COURT	Truth, Duty, Valour		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Navy SEALs: Untold Stories	Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)		MythBusters Automotive tables.			MythBusters
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	Holmes in New Orleans		Disaster DIY	Big Amazing
	46	46	46	HIST	Go Deep 'Ice Wreck'		NCIS 'Leap of Faith'		Ancient Discoveries		Go Deep 'Ice Wreck'	NCIS
	17	17	17	MM	Daddy's Girls	Degrassi: TNG	One Tree Hill		Technical Diff.	Technical Diff.	Degrassi: TNG	MuchTopTens
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!		MuchMoreMusicOnStage	Entourage
	201	201	201	M1	(7:05) The Nutty Professor (2008)				(8:25) Kung Fu Panda (2008, Comedy)		10 Items or Less *** (2006, Drama)	
	48	48	48	OLN	The Amazing Race		Bounty Hunter	Bounty Hunter	Departures		Mantracker	Bounty Hunter
family	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Friends	Friends	Friends	Domestic
	206	206	206	PIX	(6) Lethal Weapon 4		(8:15) The Left-Handed Gun *** (1958, Western)		Grands reportages (SC)		The Hunted *** (1995, Action), John Lone	
	67	67	67	RDI	RDI en direct	RDI en direct			24 Hours en 60 minutes		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park
	40	40	40	SLICE	The Mom Show		Skin Deep	Til Debt-Part	X-Weighted 'Michelle'		X-Weighted	X-Weighted
	47	47	47	SPACE	Stargate SG-1		Stormworld		Star Trek: Voyager		House of the Dead *** (2003, Horror)	
	14	14	14	SPIKE	CSI: NY 'Past Imperfect'		UFC Unleashed	UFC Unleashed (HDTV)			TNA Wrestling (HDTV) (N)	
	97	97	97	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	American Idol Extra (N)	Tonight Show
	21	21	21	TLC	What Not to Wear		Overhaulin' (HDTV)		American Chopper		American Chopper (N)	Street
	56	56	56	34 TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood		Seinfeld	Raymond	Family Guy
cable variety	20	20	20	TVS	Que.-champion	Journal de Fr2	Destinations	Fourchette	Ciub social		Envoyé spécial	
	28	28	28	V	Mysterious Island		Merlin, She Wrote		Wait for God	'Allo, 'Allo!	Robin Hood: Men in Tights *** (1993)	
	60	60	60	97 VIVA	Mysterious Ways		Judging Amy 'The Pilot'		Most Haunted		Most Haunted	Passion
	22	22	22	W	Style by Jory		Will & Grace 'Friends		Divine Design		Confidential	Save Us-House
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Smallville 'Doomsday'		Supernatural (N)	WGN News

critics'corner

CSI: Crime Scene Investigation

Langston (Laurence Fishburne) is required to use deadly force for the first time in his career as a crime scene investigator as he and the team look into a series of murders tied to a scam in which poker chips from a long-defunct casino play a part. Cynthia Watros ("Lost") and Gerald McRaney ("Jericho") guest star in the season finale, "All In." 10 PM on CBS, CJCH



10 Items or Less

A sweet departure from his usual ponderous roles, this 2006 comedy-drama stars Morgan Freeman as an actor cast as a grocery store manager after a few years out of work. Visiting an inner-city market to research the role, he befriends an insecure cashier (Paz Vega, "Spanglish"). She shows him what life is like in the not-so-fast lane while he helps her learn to embrace her "inner leading lady." 10 PM on M1

30 Rock

Jack (Alec Baldwin) starts to build a relationship with his biological father (guest star Alan Alda). Despite her own miserable track record, Liz (Tina Fey) gets attention as a relationship expert after appearing on a talk show. Kenneth (Jack McBrayer) helps Tracy (Tracy Morgan) overcome embarrassing memories of high school in the new episode "Kid-nev Now!" 10:31 PM on NBC

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- Jamie Foxx Ft T-Pain - Blame It
- Flo Rida - Sugar
- Black Eyed Peas - Boom Boom Pow
- 3OH!3 - Don't Trust Me

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Michael Jackson is working on a new signature dance move, femalefirst.co.uk reports. The singer has hired choreographer Kenny Ortega to come up with a unique move to rival his famous moonwalk ahead of his summer London residency. **METRO NEWS SERVICES**

Celebrity Buzz

Anna's posse pleads not guilty

DRAMA Three people in the late Anna Nicole Smith's closest circle pleaded not guilty yesterday to conspiring to provide the drugs that killed her in 2007, people.com reports.

Howard K. Stern, Smith's lawyer-boyfriend, her physician Sandeep Kapoor, and Smith's neighbour and psychiatrist Kristine Eroshevich, entered the pleas before the Los Angeles Superior Court.

METRO NEWS SERVICES



GETTY IMAGES

Vanessa to bare all on screen?

RATED R You may be seeing a lot more of Vanessa Hudgens in the future, usmagazine.com reports.

"I will show nudity in a film when the time is right," the 20-year-old High School Musical star tells E! Online. "If it's an amazing movie that I'm really passionate about and that's what it calls for, then we'll see," she added.

The actress did appear nude in 2007, in personal photos that were leaked online.

METRO NEWS SERVICES



From drug to rap addiction

QUOTABLE Eminem wanted to kill himself at the height of his addiction problems, femalefirst.co.uk reports.

The rapper — who is set to release his new album following a three-year-break from music — admits he briefly considered committing suicide while struggling with his

alcohol and drug problems.

He told British TV talk-show host Jonathan Ross: "I just wasn't taking care of myself, at times I wanted to just give it up."

"I was in a dark place. I wanted to pull back from the spotlight to reassess my whole career," he added. "I

got sober but it was pretty rough. A couple of years were bad for me."

The 36-year-old hip-hop star is thrilled with his new material and insists he is only addicted to work these days.

He said: "I almost feel like a little kid again with rap. Rap was my drug. It used to get me high and then it stopped getting me high. Then I had to resort to other things to make me feel that ... now rap's getting me high again."

METRO WORLD NEWS



K-Fed can't get enough from Brit?

SPENDER NOT SAVER Kevin Federline reportedly can't make ends meet with the \$40,000 US a month he receives from ex-wife Britney Spears.

The singer pays Federline \$20,000 a month for child support, plus an additional \$5,000 a week while she's on tour.

But according to the Na-

tional Enquirer, it's not enough to cover his monthly expenses: \$7,500 for rent on his Encino home, \$2,000 for food, \$1,500 for utilities, \$800 for booze, \$2,800 for a nanny for their two sons and \$3,000 for body-

guards.

"Kevin has blown through millions of dollars," a source says. "When he and Britney divorced, Kevin continued the superstar lifestyle, and he spends all the money that he gets."

METRO WORLD NEWS



Hugh wants own Rainbow Tribe

FAMILY ASPIRATIONS

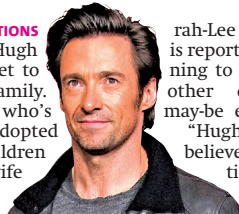
Looks like Hugh Jackman is set to expand his family. The actor, who's already adopted two children with wife Debo-

rah-Lee Furness, is reportedly planning to adopt another child — maybe even two.

"Hugh is a big believer in adoption — not just per-

sonally, but from a world-view of extending help to parentless children," a source tells the National Enquirer. "They are adopting another child now, and plan to welcome a fourth ... It has become their mission."

METRO WORLD NEWS



Dad giving up on Amy?

DAD'S LIMITS Amy Winehouse's dad, Mitch, has stood by his daughter through her troubles with drugs. But now that those have been replaced with an alleged alcohol addiction, he says he's not sure he can continue to stick around.

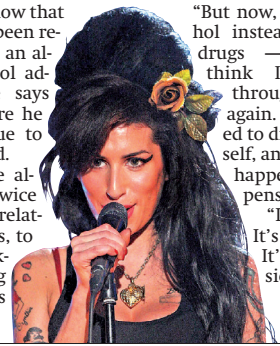
"After she almost died twice from drug-related problems, to see her walking, smiling — she has progressed

so much," Mitch says in a new TV documentary, according to Marie Claire U.K.

"But now, if it's alcohol instead of hard drugs — I don't think I can go through that again. I've decided to distance myself, and whatever happens, happens," he said.

"It's her life. It's her career. It's her decision."

METRO WORLD NEWS



LiLo avoids burglary

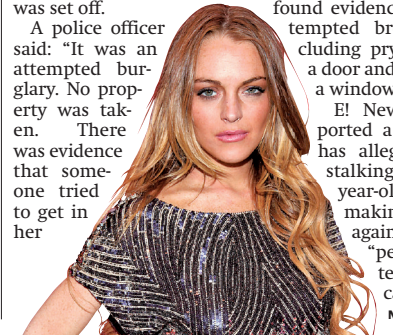
RICH AND FAMOUS Burglars targeted Lindsay Lohan's home, femalefirst.co.uk reports. Police were called to the actress' Los Angeles property at about 3 p.m. on Tuesday after a security alarm at the property was set off.

A police officer said: "It was an attempted burglary. No property was taken. There was evidence that someone tried to get in her

house, but there's no evidence that they actually got inside or removed any of her property."

After being alerted to a problem by the property's alarm company, police went to investigate, and found evidence of an attempted break-in, including pry-marks on a door and damage to a window.

E! News has reported a man who has allegedly been stalking the 22-year-old star and making threats against her is a "person of interest" in the case. **METRO NEWS SERVICES**



Balance

environment • economy • energy

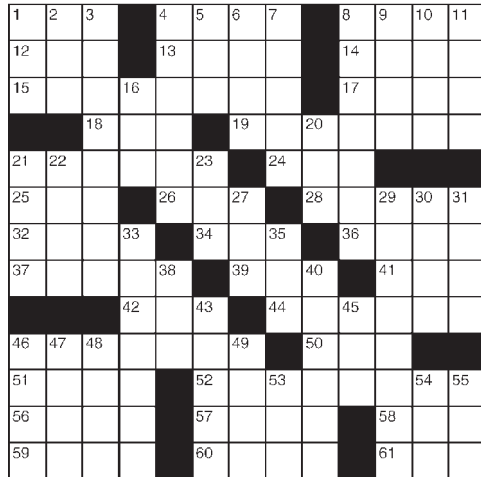
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Take Five



Crossword across

- 1 Feathery neckpiece
- 4 Weevil invader
- 8 Diplomacy
- 12 Puncturing tool
- 13 Reed instrument
- 14 Petri-dish matter
- 15 Giving permission
- 17 Entice
- 18 Online address
- 19 Exhibition setting
- 21 Sweeney Todd, e.g.
- 24 Deposit
- 25 With 21-Down, "Arabi-an Nights" hero
- 26 Scoot
- 28 Rub the wrong way
- 32 Exclamation point
- 34 Conger or moray
- 36 — podrida
- 37 Battle verbally
- 39 Afternoon affair
- 41 Fleur-de- —
- 42 Succumb to gravity
- 44 Thing
- 46 Baton wielder
- 50 Journal
- 51 Pinnacle
- 52 Soothing
- 56 Fit of peevishness
- 57 Voice of Fiona in "Shrek"
- 58 Teachers' org.
- 59 Towel marking
- 60 A handful
- 61 Sailor

Crossword down

- 1 Sheepish remark?
- 2 Hooter
- 3 Sexy
- 4 Alley athlete
- 5 — Wan Kenobi
- 6 Protracted
- 7 Constitutional
- 8 Hunter's cry
- 9 Chills and fever
- 10 Singer Vikki
- 11 Deuce beater
- 16 Sceptre topper
- 20 Fond du —, Wisc.
- 21 See 25-Across
- 22 Winged
- 23 Actress McClanahan
- 27 Trawler prop
- 29 Making a claim
- 30 Gendarme
- 31 Bridge position
- 33 Fabric inserts
- 35 Author Buscaglia
- 38 Pack away
- 40 Burning
- 43 Alumni
- 45 Cohort of Whoopi and Sherri
- 46 Hawkeye's sitcom
- 47 Dermatology subject
- 48 Ottoman potentate
- 49 Hodgepodge
- 53 Hasty escape
- 54 Ultramodern
- 55 Tie up the phone

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

TAB	WEED	PUMA	6	3	9	7	2	5	1	8	4
ARE	AMMO	IRON	4	1	5	6	8	9	2	7	3
IFA	RUSTY	CITY	2	8	7	3	4	1	6	9	5
CAROL	EOK		8	5	3	1	7	6	9	4	2
BOPS	NIMBI		9	6	2	5	3	4	7	1	8
TOXICITY	CARD		1	7	4	2	9	8	5	3	6
ERR	KARAT	GAL	7	4	6	9	5	3	8	2	1
LEAP	FELT	CITY	5	2	8	4	1	7	3	6	9
LOYAL	WEEP		3	9	1	8	6	2	4	5	7
LEE	DAZED										
DUPLICITY	IVE										
ETUI	HONE	NEW									
BEND	OUTS	CRY									

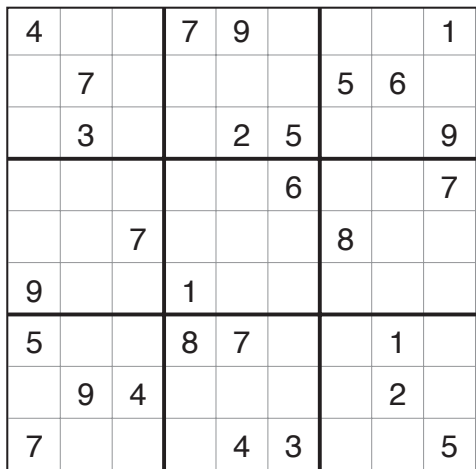
Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Mighty Burger

INGREDIENTS:

- Oil for greasing
 - 2/3 lb (300 g) lean ground lamb
 - 2/3 lb (300 g) lean ground pork
 - 2 tsp (10 ml) dried Italian herb mix, or mixed herbs
 - 1 small egg
 - 3 tbsp (45 ml) (85g) fresh breadcrumbs
 - Salt and black pepper
 - A few drops of Worcestershire sauce
 - 2 tbsp (25 ml) olive oil
 - 1 medium onion
 - 1 large clove garlic
 - 1-2 tsp (10 ml) chili powder
 - 1 small red pepper
 - 2 tomatoes
 - 3 oz (85 g) button mushrooms
 - 1/4 lb (110 g) mozzarella cheese
 - 1/4 lb (110 g) cheddar cheese
- METHOD:**
1. Preheat oven to 375 F (190 C). Lightly oil 10-in. (25-cm) pizza sheet or baking pan.
 2. Put meat into bowl. Add herbs, then stir in egg, breadcrumbs, salt, pepper and good splash of Worcestershire sauce. Mix well together.
 3. Press mixture evenly on-

to pizza sheet, or put onto baking tray and shape into 10-in. (25-cm) round. Cook burger in oven for 15-20 minutes.

4. Meanwhile, heat olive oil in frying pan. Peel and chop onion and garlic. Add to oil and fry until soft, 5 minutes. Stir in chili powder and remove from heat.
5. Rinse pepper and tomatoes and clean mushrooms. Deseed and dice pepper, then slice tomatoes and mushrooms. Cut mozzarella into thin slices and grate cheddar.
6. Remove burger from oven and drain off liquid; increase oven temperature to 425 F (220 C).
7. Spread onion mixture over burger. Add pepper, tomatoes and mushrooms. Sprinkle cheese on top. Bake for 5 minutes, or until cheese melts. Serve in wedges with crusty bread, salad and ketchup.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Make the world sit up and take notice of you today. Do something that no one can possibly ignore. It's time to get yourself noticed again.



TAURUS
APRIL 21-MAY 21
Sometimes it's nice to go with the flow and let others call the tune; this is one of those times. If you get lost in the crowd today it won't worry you.



LIBRA
SEPT 23-OCT 23
Anyone who thinks you've not been your happy-go-lucky self lately will have to revise their opinion in the next few days as the smile returns to your face.



SCORPIO
OCT 24-NOV 22
What you have to do today may make you unpopular but you won't shirk responsibilities for the sake of people whose respect you can live without.



GEMINI
MAY 22-JUNE 21
You may feel a need to prove yourself but you also need to be realistic about what you can achieve. Aim high today but don't lose sight of who you are.



SAGITTARIUS
NOV 23-DEC 21
You want to support a plan that means a lot to a friend but you suspect it may not be good for them or you. Go through it with them point by point.



CANCER
JUNE 22-JULY 22
You may feel out of your depth but it's nothing to worry about, so don't be discouraged. Others may know more but they don't have your tenacity or sensitivity.



CAPRICORN
DEC 22-JAN 20
Not everyone who makes you an offer is out to steal your money. Someone who approaches you with a money-making idea should be listened to.



LEO
JULY 23-AUG 23
You're determined to make up for lost time and the best way to do that is to have a good time. But make time too for those who are still stuck.



AQUARIUS
JAN 21-FEB 18
If you value your peace of mind you must not get involved in other people's relationship problems, not even if they ask you to mediate.



VIRGO
AUG 24-SEPT 22
Others may say you should suppress your natural instincts but you know you won't be happy if you do, so ignore their advice and do what feels right to you.



PISCES
FEB 19-MARCH 20
You will feel much better about yourself today if you forget about your duties and chores for a while and spend time doing what makes you feel happy.



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WORDY GURDY

BY TRICKY RICKY KAHN

Every answer is a rhyming pair of words (like FAT CAT and DOUBT TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Not an old line in London (1)
2. Actor Penn's displays of tiredness (1)
3. Gotham City Bruce's Dow profits (1)
4. Animal life in a gym sweatbox (2)
5. Addam's family butler's cathedrals (2)
6. (With 7) Recklessness due to dire ...
7. ... straits in the act of breathing (4)

ANSWERS: 1. CAT IN HAT, 2. TIRE DROPS, 3. BATMAN, 4. GYM RAT, 5. ADDAMS, 6. 7. DANGEROUS. © 2009 WORDY GURDY. ALL RIGHTS RESERVED.

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